

Basketball Rules

5TH & 6TH GRADE BOYS & GIRLS

Officials are provided for each game by AF Recreation.

High School rules apply with the exception of the rules below.

1. Games consists of 2, 20 minute halves. Clock only stopping on every whistle the last 2 minutes of each half and during time-outs.
 - a. If there is a lead of 15 or more points in the second half, the clock will only stop on a time out.
 - b. No overtime during regular season play
2. Game begins with a jump ball. Alternating possession rule take affect thereafter.
3. Teams are given 1 timeout each half.
 - a. Timeout consists of 1 minute.
 - b. Timeouts do not carry over.
4. Teams may play either man-to-man or zone defense.
5. Teams may only begin defending at half court.
 - a. Exception: Full court defense may be played the last 2 minutes of the second half.
 - b. If a team is leading by 15 or more points, they will not be allowed to play full court defense.
6. There are no forfeits during regular the regular season.
7. Baskets are 10' in height
8. Boys use regulation size basketball. Girls use official women's basketball (28.5)

Team Formation

1. All players must be registered with American Fork Recreation before they are allowed to participate.
2. Players must play with their assigned team and are not permitted to play on other AF Rec teams.
3. Players may "play up" one grade, but the parent or guardian must coach the team. Only 2 players are allowed to play up per team.
4. Coaches may turn in a roster of 3 players to have placed onto their team. Their son or daughter must be one of those players.
5. Teams are formed by:
 - a. Head to head request in the same division (must be registered on time)
 - b. Area of town = Map number of your home address
 - c. ASD school boundary you reside in or the school you attend.

